21 Mindsets
FROM THE BASEMENT TO THE PENTHOUSE
How to Rise to the Top and Stay There

By Muyiwa Olumoroti

Copyright © 2015 Muyiwa Olumoroti
Smashwords Edition
ISBN: 978-1-908588-18-0
21 Mindsets is a free eBook resource and you are welcome to share it with your friends. This book may be copied, redistributed, reposted, reprinted and shared provided it appears in its entirety without alteration, and the reader is not charged for it. If you have found this resource useful, please return to your favourite eBook retailer to discover other works by this author. Thank you for your support.

Contents

[21 Mindsets - How to Rise to the Top and Stay There]

[Thanks for Reading]

[About 21 Mindsets]

[About Muyiwa Olumoroti]

[Other books by Muyiwa Olumoroti]

[Connect with Me]

[How to obtain print copies]

21 MINDSETS

FROM THE BASEMENT TO THE PENTHOUSE

How to Rise to the Top and Stay There

1. God is paramount. There is no such thing as a self-made man or woman. It is God that causes a man or woman to rise and He is the one that lifts up the downtrodden out of a dunghill. God raises one and puts down another. If certain people are responsible for lifting you to the top, be sure that they can also bring you down. A man who is helped by God is the only one that is guaranteed to ascend to great heights and remain there.

2. The beginning is not the end. According to Zig Ziglar, "*You don't have to be great to start, but you have to start to be great.*" Start from where you are today. Every career ladder starts with the first step. There is nothing wrong with being in the basement; it is where the foundation is. It is only wrong, if you decide to stay at the lowest floor forever. The deeper and stronger the foundation is, the higher you can go. Every mighty oak tree you see today had a beginning and started from the ground. So start from where you are today, but don't stay there for too long.

3. Rising is never casual. You are the one who determines the height you want to reach. Rising will cost you: your strength, effort, time, courage, self-esteem, determination and other resources. No one gets to the top of Mount Everest by strolling through their local park. You will have to get up and go. Where I am today is totally my responsibility and I cannot blame anyone else. The same applies to you. The height you attain is determined by your motivation, determination, persistence and nothing else.

4. Keep moving. Gravity has no respect for anyone or anything. If you are not moving up, then you are definitely going down. Some forces of life will try to keep you down. Don't give in to opposition, disappointments, distraction or complacency. There will be obstacles on your way to the top, but keep moving. If you don't try, you will never know what height you might reach. So, don't stop; just keep moving.

5. People matter. T. Harv Eker, the author of 'Secrets of the Millionaire Mind: Mastering the Inner Game of Wealth' once said: "*The purpose of our lives is to add value to the people of this generation and those that follow*." It is in our adding value that we rise to greatness. It is also important to be kind to the people you meet on

your way up to the top; you might need them one day. No matter how much a man has achieved at the top, others have something more to contribute. You cannot and must not attempt to please everyone, but it is better to make friends than to *accumulate* enemies. Foes and detractors will do everything in their power to cause you trouble or bring you down, and some will even go out of their way to cause your downfall. Be wise.

6. Be focused and add value. We live in a world where everyone and everything is calling for your attention or dragging you towards distraction. But not everything is important, and discernment and wisdom are key. Focus on your goals and how to attain them. Focus on what is important and what will enable you to fulfil your own potential. Focus on what is just and what will add value to and enrich the lives of others. Stay focused on what will cause others to rise to their pinnacle and inevitably you will rise with these people.

7. Rising will cost you. Rising to the top takes effort, time, determination and courage. Don't be deceived; if anyone says to you that "You are very talented; you will be great; you will make it; you will get to the top. All you need is to do as little as you can; dodge as much responsibility as possible, or stretch your legs under an umbrella at the

local beach (with your dark sunglasses on), licking ice cream all day," they have just lied to you! You may wish to be *lucky*, but luck only answers people who make an effort to grab it.

8. Purpose is important. You must have a purpose for your ascent; you have to be clear about why you want to get to the top. Write the reason down and revisit it again and again. Ask important questions like: Where am I going? Why am I going there? What will I do when I get there? Purpose is what keeps your vision alive. A man with purpose is not easily distracted, discouraged or disillusioned. Climbing to the top should help you see the world below and the world around you, and should not only be so that people below can see that you have arrived. Without a sense of purpose, abuse of power is almost guaranteed. And also, without purpose destiny can be derailed.

9. One step at a time. It is foolishness to try to cut corners on your way to the top - that is if there are any corners on the ladder at all! Don't cut corners or else you might fall. Life is lived at levels, and men are in different sizes. Cut your coat according to your cloth and not according to your size. Live your size. If you are getting bigger than your coat, trim down and shed excess baggage off your life. Shortcuts

only cut lives short, and travelling at the speed of light will almost certainly guarantee a crash. You have been warned!

10. Don't throw away the ladder. If you have used a rope or ladder to climb up, don't throw it away when you reach the top; otherwise you will deny others opportunities to rise too. Ladders are traversed with slippery steps all the way; to try and go it alone without the necessary companion is to risk a fall. Being at the top can be a lonely place, and if for any reason you need to get down, without a ladder, the only option you will have is to jump. The higher you have been, the worse the fall is bound to be.

11. Travel light. As much as you would like to carry things and so many people along, not everything and everyone can and should go with you on your way up to the penthouse. The friendship that was an asset to you a decade ago may actually be a liability today. Some relationships, associations and people are baggage, weight which you don't need to carry. Be careful - some weights might actually drag you down in your attempt to pull them up. The more baggage you shed, the quicker the journey is likely going to be. Ascending in life is like a rocket; the more fuel you burn, the further and faster you ascend.

12. Character or integrity is key, and it opens doors. You can bribe, bluff or bulldoze your way to the top or even use your charisma to charm people to stupor. But without integrity, everything will soon fall apart. If you ever find yourself at the top by accident, your mistakes will eventually make you fall. If you happen to land on a platform by error, you will forever be taking risks. Your character tells a lot about you, and by character I mean honesty, diligence, loyalty, hardwork, integrity, dependability, passion, humility and respect for others. Your character is one of the many things that will keep you at the top; so, keep working at it. No one can ruin your character except you.

13. You are never wrong with humility. When you are at the top, don't throw your weight around, otherwise you might land in the wrong place. Humility is what *keeps* your feet firmly on the ground while at the top. You might be tempted to feel and act as if you have conquered the universe when you are in a penthouse but that is not true. The tallest building in the world today has not even reached the edge of the atmosphere. People who remain great for long have consciously mastered the art of humility. So relax, enjoy the view, and stay humble.

14. Hold on to something solid. If you see any great structure standing tall today, something is holding it up. A man or woman on their way to the top needs to hold on to two or three things: God is the ultimate source of strength and the strong tower. Don't forget your family, good friends, colleagues, customers or clients. If a great cause gives you a sense of purpose, hold on tight to it! Stand up for something, and don't just fall for anything.

15. A paradigm shift is necessary. New heights call for new mindsets, new attitudes, new temperaments, new insights, and new perspectives. You can't afford to do things the same way you did them before. If you have managed to ascend to a height like an eagle, don't go down to roost with chickens. Manage your actions, check your emotions, mind your words and look after your relationships. People's lives depend on what you do and don't do; destinies might be at stake. The higher you rise, the more good you can do, but at the same time, the more harm you can cause to others. Think about it.

16. The main thing is the main thing. The penthouse is characterised by many lights and cool breeze. Remember why you are there, and don't get carried away. Stay focused on the assignment and

the task ahead but look around and afar in order to anticipate what might be coming. And, don't forget to watch out for new challenges and new trends. Stay focused on the job; let the main issue remain the main focus. There is no excuse for failure; you will not be rewarded for it. Whatever you do, don't remain on the periphery. Dig deep.

17. Get to the top but never arrive. You may never have been there before but there is always something new to learn, even at the top. A man who *arrives* or thinks he has it all has definitely stagnated. When a man stops growing, he stops living. Find good mentors or coaches, listen to them, and sharpen your cutting edge. Any man or woman who has nobody ahead of them will have nothing to aspire to. A man or woman who has no one in their life who can correct them or say to them, 'Sit down and keep quiet', is surely heading for a catastrophic fall.

18. Don't look down on people when you get to the penthouse. Service to people should be the very reason why you are in the penthouse – whether it is in a government seat, in a boardroom or at a pulpit. Be nice to people; it won't kill you. People might look very tiny from the elevated platform you occupy but don't look down on them. Those on the ground have the capability to bring down a

mighty tower, and many high fliers have forgotten this at their own peril. Don't look down on people; you have been warned!

19. Fairness is goodness. Play fair. Never ask people to risk their lives, life savings, career, relationships or marriage for what would mostly benefit you. Eleanor Roosevelt, author, American political leader and First Lady from 1933 to 1945 once stated "*It is not fair to ask of others what you are not willing to do yourself*." Before you ask men to jump, ask yourself, "Would I jump too?" Also ask: "How high?" Never ride on the back of others to their detriment. People who do not have a choice today may have a chance tomorrow.

20. Don't forget to ask for help if you need it. It is very tempting to want to play the *Master of the Universe* when you reach the top, but we all need help from time to time. We don't know it all. No matter how long you keep doing the wrong thing, it would never be right. Never cut off the supply line from below and from above. A river that forgets its source will surely run dry. Plead for help rather than pose with pride or give the impression that everything is okay. Otherwise you may land on the ground faster than you anticipated.

21. God is the ultimate. No man has lived forever in the circle of life; it is important to have the right perspective. No matter how high your penthouse is, there is still a heaven above. When God showers you with the dew of heaven or shines the sun from the sky on you, don't stop these blessings from touching the lives of others. Great people at the top know that it is not all about them and that there is no real success without a successor, and so they plan for the future. It is always wise to quit the stage gracefully when the ovation is loudest. God is the ultimate; and other people will come after you have gone.

###

Thank you for reading *21 Mindsets: How to Rise to the Top and Stay There*. If you enjoyed it, would you please spare a moment and leave a review at your favourite retailer website.

Muyiwa Olumoroti

About 21 Mindsets

FROM THE BASEMENT TO THE PENTHOUSE:

How to Rise to the Top and Stay There

The ‘top’ is a fascinating place to be and it comes with perks and privileges. It also comes with its own challenges, great responsibility and expectations from others. You need to develop positive mindsets to achieve maximum impact if you want to ascend great heights and reach the top. The eBook *21 Mindsets - How to Rise to the Top and Stay There* has been written to help you achieve just that. Mindsets are important, and they dictate your attitudes and thoughts as well as your responses to people, circumstances and situations around you. You may not have control over everything on your way to the top, and in fact might face obstacles while aiming to achieve your goals, but with the right mindsets, you can flourish, reach your maximum potential, rise to the top, stay there and make a difference.

About the Author

Dr Muyiwa Olumoroti graduated from the College of Medicine, University of Ibadan, Nigeria in 1992 and studied Cognitive Neuroscience at the Imperial College, London. He currently works as psychiatrist in South London and combines over 22 years experience as a medical practitioner with a background in general and forensic mental health, with cognitive neuroscience, coaching, mentoring and management. Muyiwa has been involved in undergraduate and postgraduate medical education for several years including more recently in the training of consultant psychiatrists. He also writes and teaches on leadership, empowerment and emotional intelligence. Muyiwa is a freelance author who has also published articles and research papers in national and international scientific journals.

Other books by Muyiwa Olumoroti

Patient Management Problems in Psychiatry

Destiny Hidden in Dark Places

Flying into the Unknown (Download free at www.word2print.com)

21 Mindsets: How to Stay on Top and Achieve Maximum Impact at Work

T.O.A.S.T. - A Conscious Thinking Approach (coming soon)

Connect with Me

Follow me on Twitter: http://twitter.com/Muyiwa4Life

Friend me on Facebook: http://facebook.com/olumuyiwajohn.olumoroti

Connect me on LinkedIn: http://uk.linkedin.com/in/muyiwaolumoroti

You can email me at: info@profsexperts.com

This book is also available in print

21 Mindsets: How to Rise to the Top and Stay There
2015 © Muyiwa Olumoroti
Imprint: Word2Print ISBN: 978-1-908588-17-3